

1/ IMPORTANT RECOMMENDATIONS FOR ALL Personal Protection Equipment (PPE)

1.1 This safety equipment must only be used only by competent persons who have been given appropriate training (repeat as often as necessary) or who are working under the immediate responsibility of a proficient supervisor. The user must be trained in the use and be aware of the characteristics, the application and the correct use of the equipment and its potential risks.

Before each use, the user must examine the equipment to ensure it is in perfect operating condition. It is important to check for deformation, corrosion, sharp edges and abrasive areas on the metal parts of the system or component. Similarly, check for cuts, burns, broken wires, extensive wear, and changes of colour or texture of the material. The use of components that are not in good condition must be removed immediately from service. Only competent and skilled persons may decide on the possibility of return to service, given in writing.

1.3 The user must be in good health in order to use the equipment.

1.4 The user must be aware of the correct use of the equipment recommended by the manufacturer and must not be diverted from its initial and designed purpose.

1.5 When a fall arrest system is being used, for safety, it is essential to check the clearance under the user's working zone to prevent a collision with an obstacle or the ground in case of fall.

1.6 Before use, ensure a rescue plan that is adapted to the situation in which the system is to be used, has been put in place.

1.7 The maximum load of the PPE is limited to a single person (unless the product specifically indicates otherwise).

1.8 Before each use, ensure that the recommendations for use of each of the components is complied with in the user's manual. It is strongly recommended that components used on the system come from the same manufacturer to ensure product reliability and performance consistency.

1.9 Whenever possible, it is highly advisable to assign the system or component personally to the user.

1.10 This system or component must necessarily be attached to an anchorage point. Whenever possible, to attach a fall arrest system choose an anchorage point located ABDVE, the position of the user, avoiding any point whose strength may be subject to doubt. It is preferable to use the structural anchors provided for this purpose or anchorage points conforming to the current standards when the strength exceeds the strength levels provided for in the corresponding standards (compliant with EN795). The use of an anchor point will ensure that the user will ensure to limit the chances of potential fall from height (prefer the use of a restraint system).

1.11 In the course of use, take all necessary steps to protect the system or component from hazards related to the operation (burns, cuts, sharp edges, abrasion, chemical attack, tangling or twisting of the cable, working of rope, electrical conductivity, weather conditions, possible effect due to the use of any product or system that may have an influence on the system or component after a fall).

1.12 No modifications are to be made to the system or components without the written consent of the manufacturer.

The replacement or substitution using components or subsystems that are not approved could compromise the reliability between equipment and could affect the integrity and safety of the system as well as warranty. All repairs are to be made according to the procedures detailed by the manufacturer.

1.13 Dealers or retailers of this fall arrest equipment will ensure that a user manual is supplied, in the language of the country of sale.

1.14 The user must be aware of the manufacturers standards, applicable local, state, and federal (OSHA) requirements governing this equipment for more information on personal fall arrest or restraint systems and associated system components.

1.15 A few examples of incorrect uses are described in these instructions and in the specific instructions relating to your PPE. However, it is not taken into account that other incorrect uses are possible and that the user must contact CAPITAL SAFETY.

1.16 This product is guaranteed for 1 year for material or manufacturing defects. Excluded from the warranty are: normal wear and tear, oxidation, any modifications or alterations, incorrect storage, faulty maintenance, damage due to accidents or negligence and uses unsuited to the purpose of the product.

1.17 CAPITAL SAFETY is not responsible for the direct, indirect and accidental consequences or for any other type of damage occurring or resulting from the use of its products.

1.18 If you do not understand these instructions or the specific instructions do not use this product, contact CAPITAL SAFETY.

2/ CONNECTION TO A FALL ARREST HARNESS

2.1 The connection of a fall arrest system to a harness (EN353-1, EN353-2, EN355 or EN360) MUST EXCLUSIVELY be carried out using the upper dorsal, sternal or pectoral anchorage points; these points are also referred to as a descender (EN341) or an elevation rescue system (EN1456). These points are identified with a capital 'A' when they are independent or 'A' or '7' when 2 points have to be connected together.

2.2 The lower side positioning anchorage points of a belt or a harness with a belt must be used SOLELY for connecting to a working position system (EN358) and NEVER a fall arrest system. These points are identified with a capital 'B' when they are independent or 'B' or '7' when 2 points have to be connected together.

2.3 The side positioning anchorage points of a belt or a harness with a belt must be used SOLELY for connection to a working position system (EN358), a descender (EN341) or an elevation rescue device (EN1456) and NEVER to a fall arrest system.

2.4 If you use a belt on its own, the work positioning system may require an additional protection system against falls from heights.

3/ MAINTENANCE AND STORAGE

The maintenance and storage of your PPE or components are essential operations to protect them and the user. Be sure to comply with the following recommendations:

3.1 Use a dry cloth to clean the plastic and metal parts. Clean textile component with mild soap and water. Never use acid or alkali solvents (caustic soda).

3.2 Allow components to dry in a ventilated place away from any direct flame or any other source of heat. This provision also applies to textile component that have absorbed moisture during use.

3.3 Store components in a dry, clean and cool place, and under conditions complying with its integrity: away from damp and ultraviolet light, in an atmosphere that is not corrosive, overheated or refrigerated, protected from any possible cuts or vibration.

3.4 Transport the component or system in a package to protect it from any cuts, moisture or ultraviolet light. Avoid corrosive, overheated or refrigerated atmospheres.

4/ INSPECTION FREQUENCY

4.1 Periodic examination is essential for the safety of the user. This examination guarantees the efficiency and trouble-free operation of the system or component. Be sure to fill in and preserve carefully the specific sheet and a note of any periodic examination.

4.2 Life duration: The frequency of the periodic examinations must allow for factors such as legislation, type of equipment, frequency of use and environmental conditions. In any case, the system or component must be examined at least once each year by a competent person cleared by the company manager or by a person appointed by the institution of the country to decide on possible return to or removal from service or scrapping. This person will contact CAPITAL SAFETY in order to find out the service life of the system or the component.

4.3 Any competent person qualified by the company manager having doubts about returning a system or component to service (excessively complex system, concealed mechanism, etc) must contact the manager or the person who referred him towards persons approved for the task.

4.4 During these examinations, it is important to check that the markings are legible on the system or component.

5/ CONNECTORS EN362

5.1 A connector is a connection system between components that can be opened providing users a means of assembling a system to connect directly or indirectly to an anchorage point.

5.2 When connecting the carabiner, check that the locking system is in the proper place.

5.3 The connector must always operate following the large axis without using the external structure for support or connection.

5.4 Connectors fitted with a manual locking system must never be used if opened and closed by the user several times a day.

5.5 Never load a carabiner at the level of its clasp.

5.6 Only connectors of rapid-links (class Q) must only be used for infrequent connections.

5.7 The 'rapid links' connectors (class Q) are only safe when the mobile ring is fully fastened. No thread must be seen.

5.8 Material: see connector.

5.9 Opening: see connector.

5.10 The connector must be taken into account when used in a fall arrest system, as it will have an influence on the height of the fall.

5.11 Certain situations may limit the strength of the connector, especially if connected to wide straps or if rigid anchorages are passed through the carabiner above their opening point.

6/ DESCENDERS EN341

6.1 Descenders are devices used to rescue personnel. They must therefore be considered as SAFETY EQUIPMENT and used as such. They must never be used to transport persons or loads and must not be used to move a person who is not able to descend.

6.2 The choice of an anchorage point must be studied carefully and take into account that:

6.2.1 Its position must enable the armband strap to be grasped with ease WITHOUT ALLOWING ANY FREE FALLS. It must therefore be positioned above the user.

6.2.2 The access must be sufficiently clear and remain permanently unencumbered.

6.2.3 The elevation well must never be cluttered with any obstacles that might hinder the descent or injure the user.

6.3 In addition, it is also recommended that the rescue area should be signposted and storing equip-

ment at this site must also be prohibited.

6.4 If the descender is likely to be used by several people, care should be taken to ensure its position is suitable for each person.

6.5 If it is permanently installed outside or in a humid atmosphere, adequate protection must be provided: cover, shelter, etc.

7/ MOBILE FALL ARREST DEVICES ON A RIGID EN353-1 OR FLEXIBLE EN353-2 BELAY SUPPORT

7.1 A mobile fall arrest device travels along the belay support and accompanies the user, without requiring any manual intervention when the position changes upwards or downwards, and automatically blocks itself on the belay support in the event of a fall.

7.2 The horizontal distance between the rigid belay support and the harness connection point is limited by the components supplied with the mobile fall arrest device. NEVER add additional connectors or hardware that may increase this distance.

7.3 Only the recommended rigid type of belay support can be used.

7.4 If a complete system is supplied, the components cannot be replaced or modified.

7.5 It is important to ensure that the initial anchorage point is used.

7.6 The user must ensure that the fall arrest device is used by manually simulating a fall. It is important to ensure the upper and lower stops are present on the belay support.

7.7 Specific to EN353-1: with a mass of 100kg and a number two fall factor situation (the worst case scenario), the minimum distance required under the user's feet is 2m. Therefore, for the first 2 metres, the user must be able to fall without hitting the ground; additional safety measures should therefore be taken when ascending or descending.

7.8 The rigid belay support must be assembled by a competent person.

7.8 Specific to EN353-2: in the event of a fall, the clearance, that is the distance between the feet of the user and the first obstacle, must not be less than the H in metres indicated on the specific instructions.

8/ LANYARDS EN354 and POSITIONING LANYARDS EN358

8.1 The total length of a lanyard is a lanyard comprising an energy absorber, manufactured exclusively and connectors must not exceed 2m (connectors EN362 plus levers EN354 plus energy absorber EN355 plus connector EN362).

8.2 A single lanyard without an energy absorber should not be used as a fall arrest system.

8.3 A single lanyard can be used as a restraint on condition that its length prevents the person from reaching the zones presenting a risk of falling from heights.

9/ ENERGY ABSORBER EN355

9.1 The total length of a subsystem with an energy absorber comprising a lanyard, manufactured exclusively and connectors must not exceed 2m.

9.2 Any opening - even partial opening - of the energy absorber means it should be immediately discarded.

9.3 In the event of a fall, the clearance, that is the distance between the feet of the user and the first obstacle, must not be less than the H in metres indicated on the specific instructions.

10/ SELF RETRACTING LIFELINE EN360

10.1 Fall arrest device with an automatic blocking function and a self-lightening and self-retracting system for the retractable lanyard.

10.2 BEFORE SECURING THE FALL ARREST DEVICE TO ITS ANCHORAGE POINT, CAREFULLY CHECK:

10.2.1 That the retractable lanyard unfurls and rewinds normally over its entire length.

10.2.2 That the blocking function is operational by firmly pulling on the retractable lanyard; it must block immediately.

10.2.3 That the entire device is in a perfect state and that all the fastening screws and rivets are present and appropriately secured.

10.2.4 If your device is fitted with a fall indicator light and if it has been triggered, this indicates that the device has prevented a fall or has been subject to a major traction force. In such cases, the device should be replaced by the manufacturer or an approved repairer for refitting.

10.3 USE OF RESTRICTIONS

10.3.1 Software should be made to the pictogram in these instructions and those on the device.

10.3.2 Cannot prevent sinking (dusty or muddy products).

10.3.3 If a fall arrest device with a self-retracting lifeline is used from an angle of over 40° in relation to the horizontal, it must be used with a fall arrest device with a lanyard (see the specific instructions) between the end of the retractable lanyard and the fall arrest anchorage point of the harness.

10.3.4 In the event of a fall, the clearance, that is the distance between the feet of the user and the first obstacle, must not be less than the H in metres indicated on the specific instructions.

10.3.5 If a fall arrest device with a self-retracting lifeline system includes a rescue winch, refer to the specific instructions in order to understand how it is to be used.

10.4 To improve the longevity of your device, refer to paragraph 4 and 5, and it is also recommended:

10.4.1 That the cable SHOULD NOT be released when it is completely unwound but should be guided into the fall arrest device.

10.4.2 That the cable SHOULD NOT be left in an external position when not being used.

11/ FALL ARREST HARNESS EN361, RESTRAINT BELT EN350 and THIGH BELT EN813

11.1 The fall arrest harness is a restraint system that protects the body and legs of the user.

11.2 Before using a thigh or harness, the user must feel it to ensure the size is adjusted and that any adjustments provide an acceptable level of comfort for the intended use.

11.3 The adjustment and fastening elements must be regularly checked before and during use.

11.4 If you use a belt or if your harness includes a belt, an anchorage point must be selected at the level of the waist or above for connecting a working position lanyard. The stretched work-positioning lanyard must be adjusted to restrict vertical movements to a maximum of 0.80m.

12/ ANCHORAGE POINTS EN795

12.1 Anchorage points are defined as anchorages as defined in standard EN795, which one way or another are connected to a structure.

12.2 Class A1: this class comprises structural anchors designed to be fixed onto vertical, horizontal and inclined surfaces, such as walls, columns and lintels.

Class B: this class comprises structural anchors designed to be fixed onto sloping roofs.

Class C: this class comprises temporary anchorages systems.

Class D: this class comprises mobile anchorage points on a flexible horizontal belay support (must not exceed 150 in relation to the horizontal point).

Class E: this class comprises mooring anchorages for horizontal surfaces (must not exceed 150 in relation to the horizontal point).

12.3 For fixed systems, the competent installer is responsible for ensuring that the loading structure is compatible with the efforts engendered and that the fastening method does not alter either the performances, or the characteristics of each of the components.

12.4 For mobile devices, the manufacturer or person responsible for the installation must ensure:

12.4.1 The device is correctly placed in relation to the working area.

12.4.2 The strength of the load bearing structure and its stability (Tripod).

12.4.3 The compatibility between the shape of the structure and the anchorage device.

12.5 CAPITAL SAFETY GROUP attests that the anchorage device is supplied in accordance with European standard EN795 and has successfully passed the tests outlined therein.

13/ ELEVATION RESCUE SYSTEM EN1496

13.1 Systems compliant with EN1496 are designed for rescue operations and should never be used to transport persons or loads.

13.2 The systems should only be used if the lifting or lowering actions can be performed without any hindrance; they should not be used if obstacles present a danger.

14/ RESCUE HARNESS EN1497 and RESCUE STRAPS EN1498

14.1 A rescue harness or a strap should only be used for evacuations (in combination with a system compliant with EN341) or rescues (in combination with a system compliant with EN1496) and never as a component of a fall arrest system.

15/ CLIMBING AND SCALING EQUIPMENT, HARNESS EN 1227

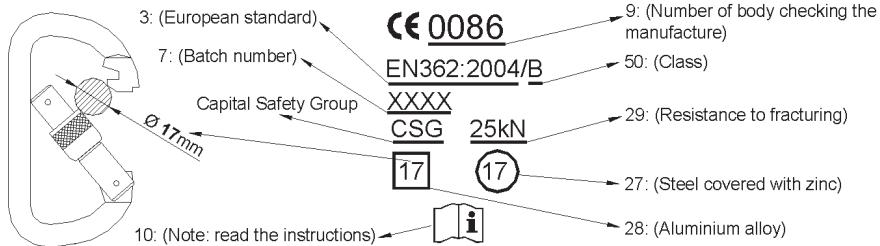
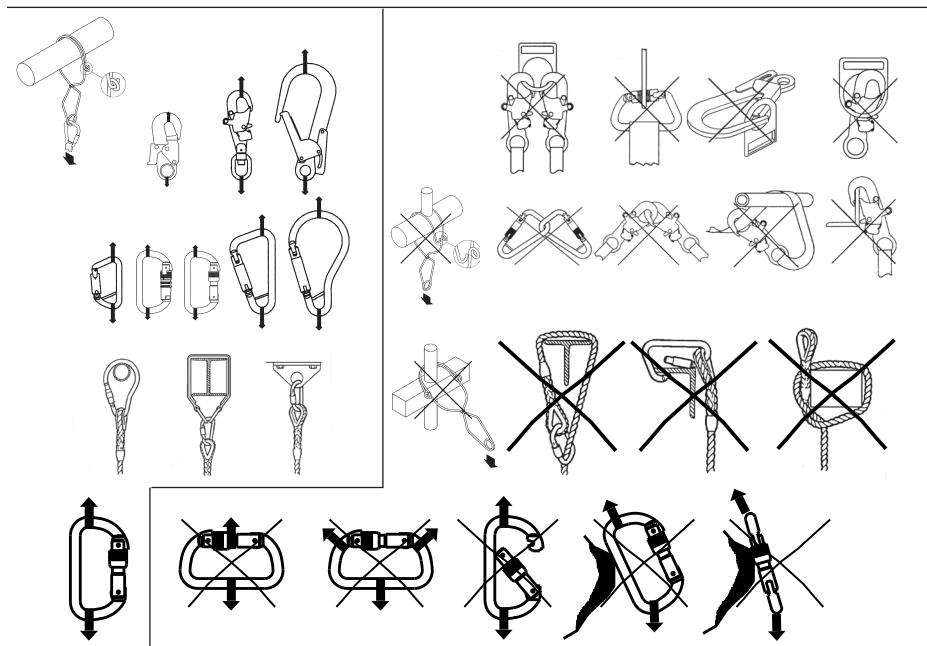
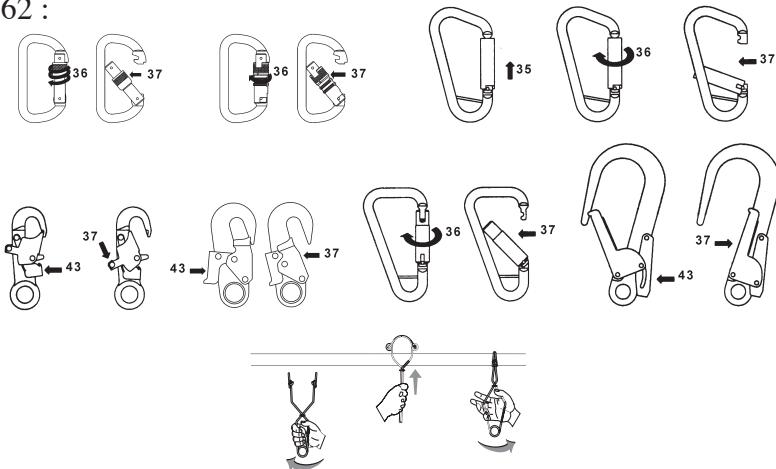
15.1 Before using a thigh belt or harness fitted with a thigh belt, the user must carry out suspension tests in a secure place to ensure that the size is correct and any adjustments provide acceptable levels of comfort for the intended use.

16/ For specific recommendations associated with your PPE, read the specific instructions provided.

17/ GLOSSARY

1. Marking 2: Size 3: European Standard 4: Year of manufacture 5: Month of manufacture 6: Serial number 7: Batch number 8: EC test performed by 9: Number of body checking the manufacture of this PPE 10: Note: read the instructions 11: Length 12: Stitching 13: Fastening 14: Cable 15: Strap 17: Rope 18: Material 19: Polyamide 20: Polyester 21: Polypropylene 22: Elastomer 24: Kevlar 24: Fibres 25: Polyester 26: Steel cables 27: Polyester 28: Cables covered with 29: Reinforced 30: Maximum load 31: Annual maintenance must be carried out on this product 32: Installation and adjustment 33: Use 34: Pull 35: Push 36: Turn 37: Open 38: Close 39: Up 40: Down 41: Right 42: Left 43: Press 44: Release 45: Insert 46: Maximum 47: Minimum 48: Specific instructions 49: Please read the general instructions 50: Clash

EN 362 :



EN 361 :

